



# Swiss Time

WHERE WATCHMAKERS WORK

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## Manual Wind Mechanical Watches

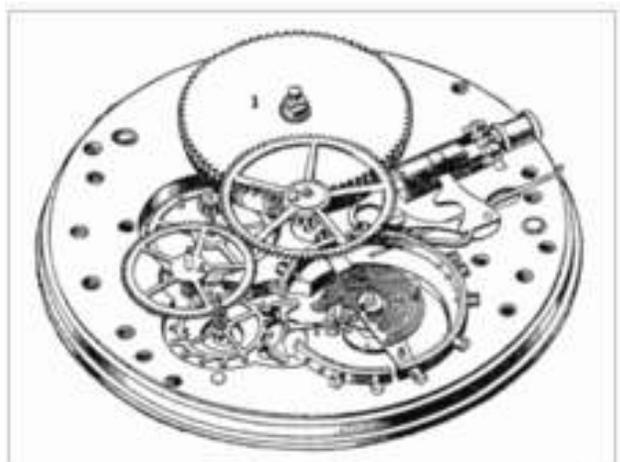


The mechanical watch is a mature technology. Virtually all mechanical watch movements have the same parts and work the same way. Mechanical watches have been in use since the 1600s with updates and newer technology adopted, creating the mechanical watches of today.

Mechanical watches are powered by a mainspring, which is wound manually by turning the crown of the watch. As the mainspring unwinds the gears of the watch turn making the hands move thus keeping time. Manual wind mechanical watches need to be wound, fully on a daily basis if they will be worn

daily. The mainspring of a manual wind watch will typically only hold enough power to run the watch for 24 to 38 hours if fully wound. If you wear your watch daily it is important to get into a routine of winding your watch at the same time everyday. If you do not wear your watch regularly there is no need to wind it daily; you only need to wind it on the days you wear it.

Wind your watch by turning the crown clockwise, hold the watch facing you in your left hand; pinch the crown between your right fore finger and thumb and rotate the crown clockwise. "Clockwise" means rotating it away from you. Wind slowly and consistently. Wind the crown as far as you can with each turn and then release it and start again. Wind your watch this way until you feel the mainspring stop. You will actually not be able to turn your crown any further. Be patient, a completely unwound mainspring can take from 20 to 50 revolutions.



Watch movement with top plate removed 

Many people prefer to wind a watch using a rocking motion by alternating rotating the crown clockwise and then counter-clockwise, or in other words by turning the crown forward and backward. Also, known as "back-winding." There is no problem with this method but it is still important to make sure that you fully wind your watch. It will still require between 20 to 50 forward (clockwise) rotations, as the mainspring does not wind while turning counter-clockwise or "back-winding."

When winding your watch it is important to take it off first. If you keep the watch on while you wind it, you will put unnecessary strain on the crown and winding stem. This can cause damage and lead to extensive repairs.